rogerblack

SILVER SPIN BIKE **AG-10221**

fit for life

with Roger Black

rogerblack

SILVER SPIN BIKE **AG-10221**

let's get fit for life!

Thank you for choosing my silver spin bike and welcome to a healthier, fitter lifestyle!

Being healthy has always been an essential part of my life, so I'm delighted to be able to help you make it an important part of your life too.

How many times have you climbed the stairs or ran for the bus and been out of breath? How many times have you wished you could do more of the things you enjoy, like walking the dog, or running around after the kids?

Did you know that just 20 minutes of exercise 4 times a week can make a world of difference? You won't believe the benefits a little exercise will bring! You will have higher energy levels, reduced stress, improved self-esteem, clearer and more radiant skin, greater cardiovascular efficiency, a higher metabolic rate and improved body posture . . . all of which will result in a healthier and much more enjoyable lifestyle!

So enjoy your workouts, and maybe the next time you run up the stairs you will feel Fit for Life!

01 assembly

Your bike will require a small amount of assembly.
You will find everything you need included in the box.

02 get to know your bike

Take time to get to know your new bike - it will help you to get the most out of your workouts.

03 enjoy your workout!

Useful tips on training and some stretches you can try.
For further advice visit www.rogerblackfitness.co.uk

www.rogerblackfitness.co.uk

01 assembly

WARNING: To reduce the risk of injury, read the following important precautions and information before operating the bike.

1. Please read all instructions in this manual before using the exercise bike.
2. Prior to any exercise, consult with your physician to establish the exercise frequency, time and intensity appropriate to your age and condition.
2. It is the responsibility of the owner to ensure that all users of the bike are adequately informed of all precautions. Use the exercise bike only as described in this manual.
4. Once fully assembled, please check that all hardware parts such as belts, nuts and washers are positioned and secured firmly.
5. Inspect and tighten all parts regularly. Check that the safety chain guard that protects the moving parts is secured and in good order. Check the seat post, seat slider, pedals and handlebar are secured firmly before getting on the bike. Lubricate all moving parts monthly and replace any worn parts immediately. Use only manufacturer-supplied parts.
3. Use the bike indoors on a level surface and keep it away from moisture and dust. Place a mat under the stabilisers to protect the carpet or floor.
6. Keep children and pets away from the bike at all times. The bike is designed for use by adults only.
7. The bike should not be used by persons weighing more than 350 pounds.
8. Wear appropriate exercise clothing when using the bike. Do not wear loose clothing that could become caught in the bike. Always wear shoes.
9. Always regulate the flywheel resistance so that your pedalling motion is controlled.
10. Always keep your back straight when exercising. Do not arch your back.
11. When you stop exercising, allow the pedals to slowly come to a stop. The bike does not have a free wheel; the pedals will continue to move until the flywheel stops. Do not remove feet from the pedals while they are in motion and do not dismount until the pedals have stopped completely.
13. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
8. Dry the bike after each use to remove sweat and moisture. Wipe the machine with a damp cloth, water and mild soap. Do not use a petroleum-based solvent to clean the machine in order not to damage the finish.
11. Stop exercise immediately in case of nausea, shortness of breath, faint, headache, pain, tightness in your chest or any discomfort.
12. Do not place fingers or any other objects into the moving parts of the bike.
14. After exercising, turn the tension control knob clockwise (+) to increase resistance so that the pedals will not rotate freely and possibly hurt someone.

pre-assembly notes

OPEN THE BOXES

Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for proper assembly. If you are missing any parts please call the Roger Black Technical Support line on 0845 600 0464.

GATHER YOUR TOOLS

Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

hardware chart

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

1. Adjustable Wrench
2. Allen Wrench
3. Allen Bolt (x4)
4. Washer (x4)

01 assembly

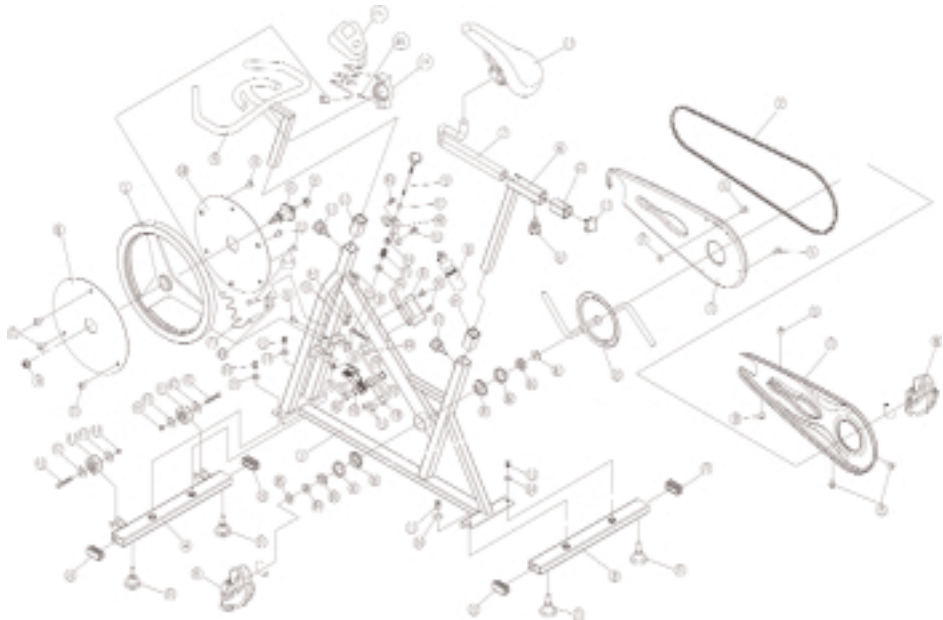
parts list

NO.	DESCRIPTION	QTY.
1	flywheel	1
1-1	hub set	1 set
1-2 (L)	flywheel cover	1
1-2 (R)	flywheel cover	1
1-3	Self tapping screw	6
1-4	flange nut	2
2	rear stabiliser	1
2-1	leveling feet	4
2-2	end cap	4
2-3	pan allen bolt	4
2-4	washer	4
3	frame	1 set
4	front stabliser	1 set
4-1	transportation wheel	2
4-2	washer	4
4-3	allen bolt	2
4-4	nylon nut	2
5	handlebar	1 set
6	seat post	1 set
6-1	sleeve	3
6-2	adjustable knob	3
7	seat slider	1 set
7-1	end cap (for seat slider)	1
7-2	saddle	1
8	water bottle cage	1
9	tension control knob	1 set
9-1	spacer	1
9-2	upper brake cap	1

NO.	DESCRIPTION	QTY.
9-3	allen bolt (M5)	7
9-4	square nut	1
9-5	helical compression spring	1
9-6	spacer	1
9-7	allen nut	2
9-9	rubber absorber	1
9-10	beam	1
9-11	brake pad assembly	1 set
9-12	round head screw	2
9-13	washer	4
9-14	nylon nut	2
10	water bottle	1
11	inner chain guard	1
12	chain	1
13	outer chain guard	1
14	pedal set	1 set
15	pan self tapping screw	4
16	pan self tapping screw	3
17	chain guard spacer	1
18	allen bolt	2
19	allen bolt	2
20-1	B/B's cup	
20-2	B/B's ball	
20-3	B/B's cone (L)	
20-4	B/B's washer	1 set
20-5	B/B's allen nut	
20-6	B/B's cone (R)	

exploded diagram

MANY OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED AT THE FACTORY.

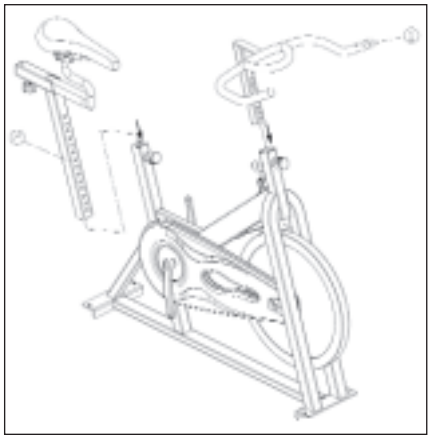


01 assembly

step 1

Pull the pop pin and insert the handlebar (1) into the handlebar receptor and secure with the pop pin.

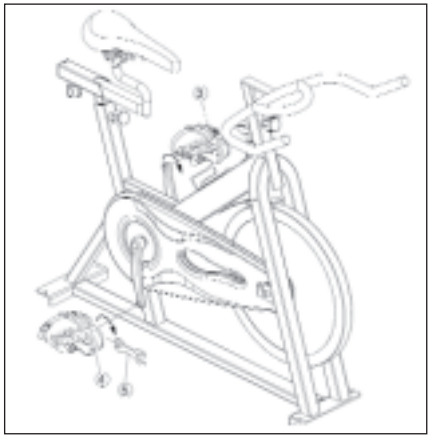
Pull the pop pin and insert the seat post (2) into the receptor and secure with the pop pin.



step 2

Attach the left pedal (3) and the right pedal (4) with adjustable wrench (5). Please be aware that the pedals are marked L and R on the flat face of the threaded area. The left and right pedals are referenced from a seated position on the bike. The left pedal has a left-hand thread and must be tightened anti-clockwise, and the right pedal must be tightened clockwise.

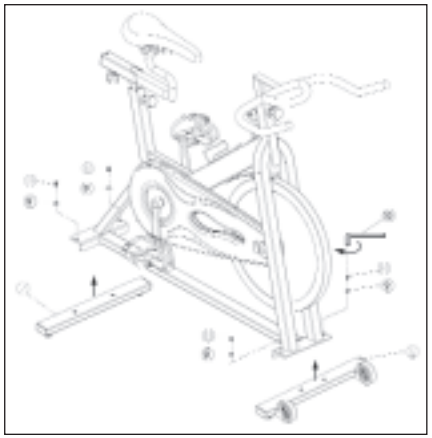
Tighten the pedals with the adjustable wrench supplied.



step 3

Mount the front stabiliser (6) using two allen bolts (8) and two washers (9). Then tighten clockwise using the allen wrench included in your package.

Mount the rear stabiliser (7) using two allen bolts (8) and two washers (9). Then tighten clockwise using the allen wrench.

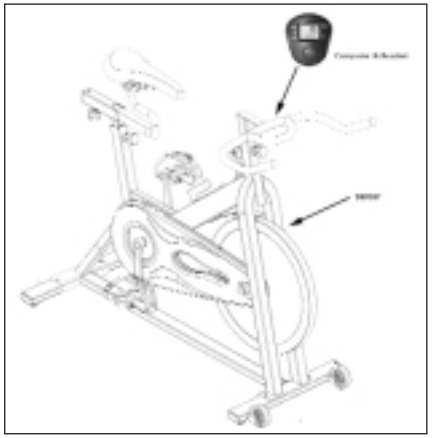


step 4

Mount Computer Console with bracket to the front part of the handlebar, so you can watch the display during your training session on the bike.

Plug in the sensor cable and the cable with the ear clip into the console. Fasten the sensor cable into the socket on the front fork of the bike (left side).

Ensure, that the computers receives signals from the sensor while flywheel is turning. If not, please reduce the distance between the sensor and the magnet.



Well done!

Your bike is now ready for use. Please go to the operation section in this manual for instructions on how to use your bike. If you have any questions please call the Roger Black Technical Support Line on 0845 600 0464.

02 get to know your bike

operation

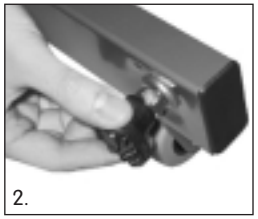
EMERGENCY BRAKE

This bike can be stopped immediately when pushing down the tension knob (fig. 1).

1.

RESISTANCE ADJUSTMENT

Pedalling resistance is controlled by the tension control knob (fig. 2). To increase resistance, turn the tension control knob clockwise (+).
To decrease resistance, turn the tension control knob anti-clockwise (-). Resistance can be easily adjusted at any time.


2.

SEAT ADJUSTMENT

The appropriate seat height helps upgrade your exercise efficiency, reduces the risk of injury and will make you feel more comfortable. Adjusting the seat forwards or backwards helps you work on different lower body muscle groups.

1. Place your foot in the toe clip, then get on the bike.
2. If your leg is too bent, you should move the seat up. If your foot cannot touch the pedal or your leg is too straight, you should move the seat down.
3. Dismount the bike. Loosen and pull the pop pin (fig. 3), then raise or lower the seat post to the desired position.
4. To move the seat forwards or backwards, loosen and pull the pop pin (fig. 4), then move the seat slider to the desired position. When the seat slider is in the desired position, secure the pop pin firmly.

3.

4.

HANDLEBAR ADJUSTMENT

Loosen and pull the pop pin (fig. 5), then raise or lower the handlebar to the desired position for a more efficient and comfortable ride. Make sure the pop pin settles into the desired hole and then secure it firmly.

5.

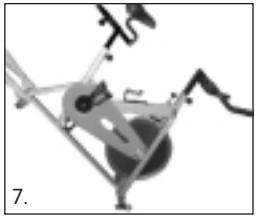
PEDAL STRAP ADJUSTMENT

Place the ball of each foot in the toe clip until the front of the shoe fits snugly in the toe clip cage. Rotate one foot to within arm's reach, then pull up the strap until the toe clip cage fits the shoe snugly (fig. 6). Repeat for the other foot.

6.

WORKOUT

Once you are sitting comfortably, begin pedalling slowly, with your hands resting comfortably on the handlebar. After you feel secure, you can change seat positions, hand positions and resistance levels for added enjoyment and variety during your workout.


7.

DISMOUNTING

Increase the resistance by turning the tension control knob clockwise until the flywheel stops, or pedal slower until you come to a complete stop.

WARNING: Do not dismount the bike or remove your feet from the pedals until the pedals have completely stopped.

MOVING THE BIKE

Carefully lift the rear stabiliser to move the bike to another location (fig. 7). Please gently move the bike as any sudden impact may affect the operation of the bike.

02 get to know your bike

computer operation

It's easy:

1. Mount the computer to your bike
2. Fasten ear clip on your ear
3. Begin pedalling

The speed is shown in the upper part of the display.
The lower part displays time, distance, calories and heart rate.

You can switch between the functions by using the red button (press only once). Press the red button for three seconds to reset the display information when you want to start a new training session.

TROUBLESHOOTING

PROBLEM	The sound of the chain during training is too loud
CHECK	Chain tension/alignment
REMEDY	Regulate the chain tension until a smooth feeling is achieved
PROBLEM	You cannot change the resistance
CHECK	Brake, brake pad
REMEDY	Calibrate brake system or remove brake pad
PROBLEM	The bike is waggling during training
CHECK	Adjustable feet
REMEDY	Align the adjustable feet to achieve a solid stand
PROBLEM	No information is displayed on the computer
CHECK	Battery
REMEDY	Remove battery if powerless
PROBLEM	No training information is displayed on the computer
CHECK	Sensor
REMEDY	Check if sensor is still fastened in the socket and distance to magnet is fine
PROBLEM	The handlebar or saddle is waggling during training
CHECK	Adjustment knobs
REMEDY	Fasten the adjustment knobs of the handlebar and/or saddle support

maintenance

Proper maintenance is very important to ensure your bike is always in top working condition. Improper maintenance could cause damage or shorten the life of your bike and exceed the LIMITED WARRANTY coverage.

Follow the guidelines below to keep your bike in good working condition:

AFTER EVERY 10 HOURS OF USE:

1. Detailed cleaning of the bikes (Clean the frames with maintenance spray)
2. Service the brake pad (with maintenance spray)
3. Test the emergency brake function, if necessary reset

AFTER EVERY 20 HOURS OF USE:

1. Clean handlebar and saddle supports, spray inserts with maintenance spray
2. Clean flywheel and hub (maintenance spray)
3. Check locking handles for ease of use and spray threads with maintenance spray

AFTER EVERY 40 HOURS OF USE:

1. Check chain play and if necessary reset
2. Check that pedals, toe clips, pedal straps, saddles as well as all other connections and fixings on the bike are secure and in their correct positions
3. Carry out a check on the brake system's functions and check the position of the brake pad on the flywheel, and if necessary reset

SPARE PARTS AND TECHNICAL ADVICE

If you have questions you cannot resolve with the help of this manual, or need to order replacement parts please call the Roger Black Technical Support line on 0845 600 0464, or email service@rogerblackfitness.co.uk
Please have the product model name and number ready when you call.

03 enjoy your workout!

what is exercise?

'What is exercise' sounds like a silly question, but did you know that there are four aspects of exercise?

1. Cardiovascular fitness (the fitness level of your heart, lungs, veins and arteries)
2. Muscular strength (the fitness of muscles in your legs, arms, buttocks etc, which are vital to perform fundamental movements of everyday life, such as carrying your shopping or doing the vacuuming)
3. Muscular endurance (the stamina required by your muscles to be able to do more vacuuming!)
4. Flexibility (the range of movement at a joint where two or more bones meet, to allow you to do simple tasks easily, like bending your knee to tie your shoes)

Different exercises (and in turn different exercise products) target these aspects of exercise. For example, a treadmill is good for cardiovascular fitness, whilst a bike is better for muscular strength and endurance. HOW you train is also vitally important.

cardiovascular fitness

The muscle (your heart) and vital organs (your lungs, veins and arteries) form your cardiovascular system. Your cardiovascular system is responsible for processing and transporting oxygen to your muscles. Your heart contracts to pump blood around your body and provide your muscles with the oxygen they need. As your cardiovascular fitness improves, your heart will become more efficient, being able to pump blood with fewer contractions. Thus, a slower heart rate usually means a fit heart!

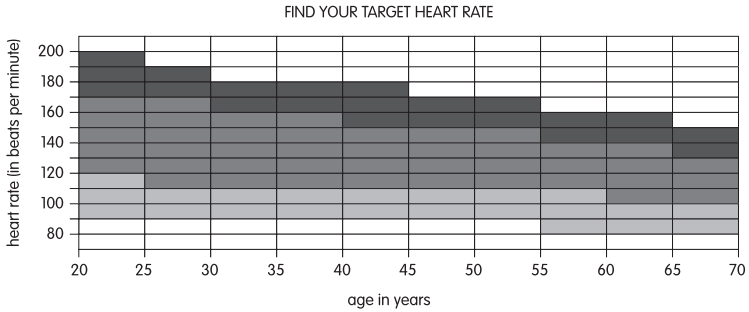
Like any other muscle, you can strengthen your heart by exercising it. This means doing any activity that makes your heart beat quickly and you breathe deeply. This type of exercise is called aerobic exercise.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition.

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute. To determine your target zone, consult the chart opposite. As you exercise, monitor your heart rate and try to keep it within your target zone.

Heart Rate Chart key:

ADVANCED	Sports, athletic conditioning or interval training
FITNESS	Optimal training, aerobic or cardiovascular
HEALTH	Beginner, low intensity with long duration produces fat burning

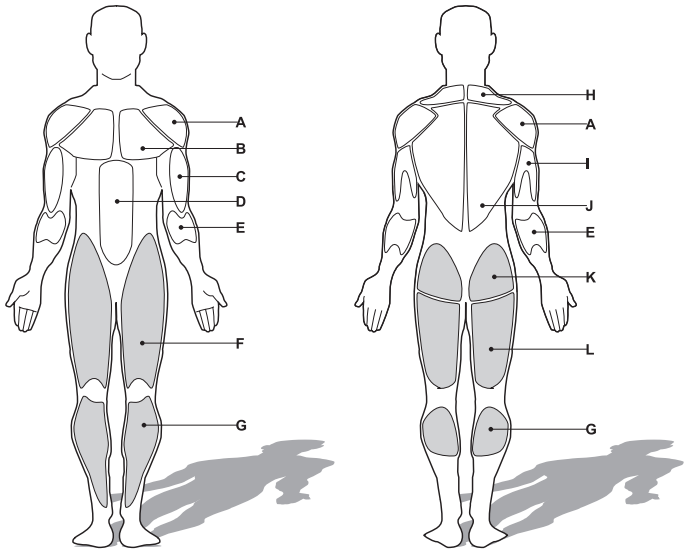


muscular strength and endurance

Muscles are important for a healthy lifestyle. We MAINTAIN our muscles just by going about our everyday lives, but to IMPROVE them we need to exercise. The best way to improve muscular strength and endurance is to perform resistance-based exercises more often. Those focusing on 'weight' loss will be pleased to note that muscular tissue uses more calories than inactive tissue!

03 enjoy your workout!

Your bike will help you to develop primarily lower body muscle groups:



A. Shoulder muscles
B. Pectoral muscles
C. Bicep muscle
D. Abdominal muscles
E. Forearm muscles
F. Quadricep muscles
G. Calf muscles
H. Trapezius muscles
I. Tricep muscles
J. Back muscles
K. Gluteal muscles
L. Hamstring muscles

Flexibility

Flexibility is the range of movement at a joint, where one or more bones meet. By maintaining your joints and improving your flexibility, you will be less susceptible to injury or joint-related illnesses. You should aim to improve flexibility gently, with a few simple stretches, which should always form part of your warm-up and cool-down routine. You can then continue to increase your flexibility in your main workout.

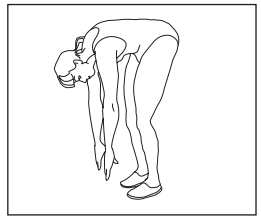
warm up and cool down

A successful exercise programme consists of a warm-up, aerobic exercise, and a cool-down. Do the entire programme at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. Try the following warm up and cool down exercises.

TOE TOUCH

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

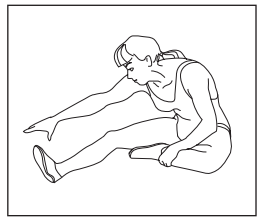


SHOULDER LIFT

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

HAMSTRING STRETCH

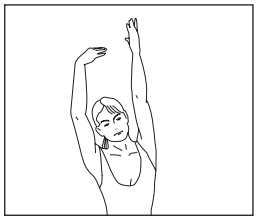
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



03 enjoy your workout!

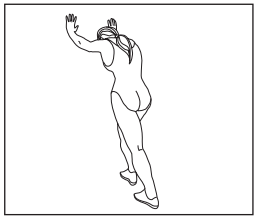
SIDE STRETCH

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



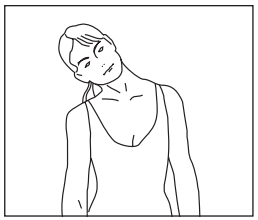
CALF-ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



HEAD ROLL

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



further questions?

I hope you enjoy your new bike and your new healthier and fitter lifestyle!

Should you need further information on fitness, please visit www.rogerblackfitness.co.uk

For technical assistance, contact the Roger Black Technical Support Line on 0845 600 0464 or email support@rogerblackfitness.co.uk

limited warranty

This product is warranted to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years from the date of purchase. This warranty extends only to the original purchaser. This warranty is limited to replacing or repairing, at the manufacturer's option, the product through one of its authorised service centres. All repairs for which warranty claims are made must be pre-authorised by the manufacturer. This warranty does not extend to any product or damage to the product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an authorised service centre, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorised.

The manufacturer is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use of performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth within.

This warranty gives you specific legal rights.

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SILVER SPIN BIKE **AG-10221**

User manual, 1st edition.

The rogerblack medal series comprises:

Gold treadmill	AG-10302
Silver treadmill	AG-10301
Gold bike	AG-10203
Silver bike	AG-10202
Bronze bike	AG-10201
Gold semi-recumbent bike	AG-10208
Silver semi-recumbent bike	AG-10207
Silver spin bike	AG-10221
Gold cross-trainer	AG-10212
Silver cross-trainer	AG-10211
Gold rower	AG-10402
Silver rower	AG-10401

For information on the Roger Black Medal Series visit www.rogerblackfitness.co.uk

For technical support call the Roger Black Technical Support Line on 0845 600 0464, or email support@rogerblackfitness.co.uk